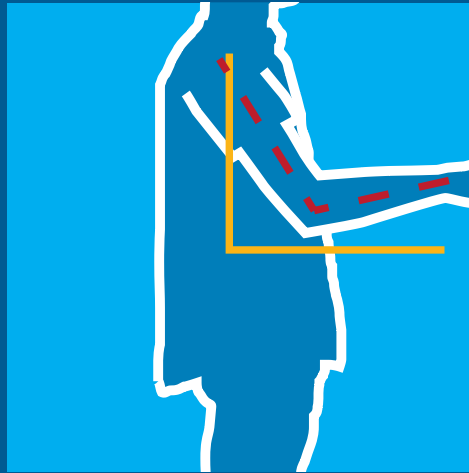


Maintain Neutral Postures

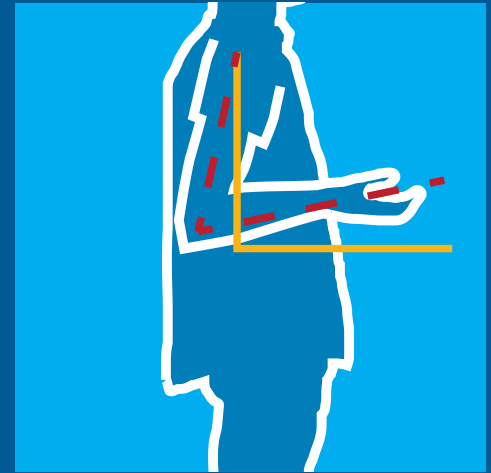
Refrain from repeatedly overreaching or holding such a position continuously. Keep equipment/materials directly in front of the body. Avoid reaching to the side or twisting when lifting. Use a step ladder to reach items in high places and minimize overhead activity.

Neutral

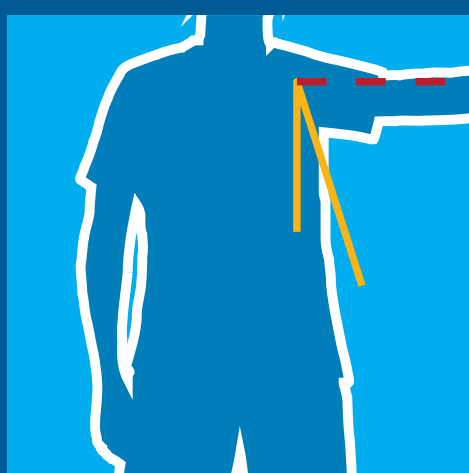
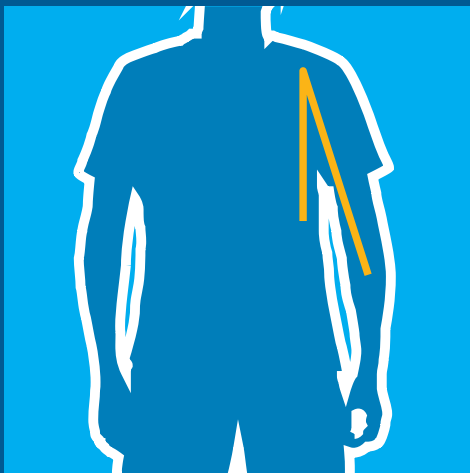
Awkward Posture



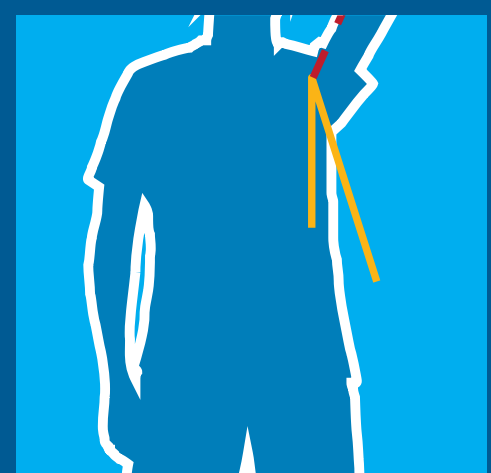
Shoulder Flexion



Shoulder Extension



Shoulder Abduction



Shoulder Abduction and Extension

Always pay attention to discomfort, pain and fatigue. Remember to maintain neutral postures and take time to rest and stretch.

